

STUDENT NAME:
DATE:

P.E. TERM:

Directions: THIS IS YOUR LAST TEST STUDY GUIDE FOR P.E. CLASS. PLEASE STUDY! THIS TEST WILL BE DIFFICULT TO PASS IF YOU DO NOT STUDY! SO GOOD LUCK & ASK IF YOU HAVE ANY QUESTION!

1. Please list **your** P.E. student number. This is the number you use to locate your grade in P.E. class. **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
2. List **5 out of 8 dance moves** that we did in our Hip-Hop Fitness Dance Unit. **[Get Silly [THIS ANSWER IS NOT IN THE “WORD BANK”]**
3. Why do you warm-up playing games **first** – then stretch? Please explain. **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
4. Name **1** muscle in your arm that will help push things or objects **AWAY** from your body? Some examples of how that muscle works are; **opening a door, pushing someone away from you, or possibly throwing an object away from you body.** **[HINT: It is not you Deltoid - THIS ANSWER IS NOT IN THE “WORD BANK”]**
5. When we played scooter games - list **[2] muscles** that you used. **Explain how you used those muscles?** **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
6. When the whistle is blown **once** -- it means to? **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
7. When we finished our timed run --- **why did Mr. Malik have you walk around the basketball court once?** Explain your answer. HINT it is not for exercise! **[THIS ANSWER IS NOT IN THE “WORD BANK”]**
8. List **2** muscles that enable you to **kick a soccer ball.** **[THIS ANSWER IS NOT IN THE “WORD BANK”]**

9. When folding your *arm across your pectorals major* muscle what are you stretching? [THIS ANSWER IS NOT IN THE “WORD BANK”]
10. When laying in the *hurdler position* on your gluteus maximums *what muscle are you stretching?* HINT: It is not any of the [3] Vastus Muscles! [THIS ANSWER IS NOT IN THE “WORD BANK”]
11. List [2] muscles that enable you to *throw a baseball*. [THIS ANSWER IS NOT IN THE “WORD BANK”]
12. Name at least [1] muscle that is located in *your back*. [THIS ANSWER IS NOT IN THE “WORD BANK”] *Extra Credit will be given if you can name both muscles!*
13. Name at least [1] muscle that is located in *your lower leg*? [THIS ANSWER IS NOT IN THE “WORD BANK”] *Extra Credit will be given if you can name [3] muscles!*
14. Name the game that was played with a *String / A Plastic Bottle Filled With Liquid / & Students?* [THIS ANSWER IS NOT IN THE “WORD BANK”]
15. What is the game that is played *in silence*? [THIS ANSWER IS NOT IN THE “WORD BANK”]
16. *In your own words* do you believe that P.E. class *IS NOT* important, *IS* important, or P.E. class *DOES NOT MATTER*? Explain your answer? [THIS ANSWER IS NOT IN THE “WORD BANK”]
- [8 Extra Points will be given for all names spelled correctly] ON THE BACK OF THIS SHEET LIST
SPELL ALL YOUR CLASSMATES NAME [Spelling Counts]